

	GOAL:	Preventing build up in the your own half of the field							
	PLAYER ACTIONS	Pressure, steal the ball, protect your goal							
	KEY QUALITIES	Read and understand the game, Focus for 60 minutes							
	AGE GROUP	U8/4v4	MOMENT	Defending	DURATION	60 min.			
1st PLAY PHASE	Intentional Free Play	Duration:	18 min.	Activity time:	4.5 min.	Rest time:	90 sec.	Intervals	3
As players arrive, play Small Sided Games (1v1 -4v4) please visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description									
PRACTICE (Core Activity):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		2v2 - Defend 3 Goals & Counter to 1: Organization: In 20Wx30L yard grid with 3 goals on one end line & 1 goal on the other. Players of the same team are placed on opposite end lines. 2 players from the attacking team enter the field with a ball to start the game. 2 defenders enter as soon as the attackers do. The same team always starts the attack and attacks the end with 3 goals. The other team defends the 3 goals and if they win the ball, try to score in the counter goal. The game is over when one team scores by shooting into the opponent's goal(s). If the ball goes out of bounds, all players leave the field. (Set up multiple fields if necessary) Rules: Defending team cannot enter the field until the attacking team takes their first touch on the soccer ball. Key Words: attack the ball, work together. Guided Questions: Which of the 3 goals is the most dangerous? What should you do if there is an opening to a goal? Answers: The goal closest to the ball is the most dangerous Try to close the opening to the goal then move closer to the ball to win it. Notes: After several rounds, switch who is attacking and who is defending. A tendency is to coach the attackers. Remember to focus on the team without the ball and their success.							
PRACTICE (Less Challenging):		Duration:	18 min.	Activity time:	30 sec.	Rest time:	30 sec.	Intervals	18
		1v2 - Defend 3 Goals & Counter to 1: Organization: In 20Wx30L yard grid with 3 goals on one end line & 1 goal on the other. Players of the same team are placed on opposite end lines. 1 player from the attacking team enters the field with a ball to start the game. 2 defenders enter as soon as the attacker does. The same team always starts the attack and attacks the end with 3 goals. The other team defends the 3 goals and if they win the ball, try to score in the counter goal. The game is over when one team scores by shooting into the opponent's goal(s). If the ball goes out of bounds, all players leave the field. (Set up multiple fields if necessary) Rules: Defending team cannot enter the field until the attacking player takes his/her first touch on the soccer ball. Key Words: attack the ball, work together. Guided Questions: Which of the 3 goals is the most dangerous? What should you do if there is an opening to a goal? Answers: The goal closest to the ball is the most dangerous Try to close the opening to the goal then move closer to the ball to win it. Notes: After several rounds, switch who is attacking and who is defending. If the defending team becomes more successful, try adding an attacker back into the game (Core Activity).							
PRACTICE (More Challenging):		Duration:	18 min.	Activity time:	1 min.	Rest time:	30 sec.	Intervals	12
		3v2 - Defend 3 Goals & Counter to 1: Organization: In 20Wx30L yard grid with 3 goals on one end line & 1 goal on the other. Players of the same team are placed on opposite end lines. 3 players from the attacking team enter the field with a ball to start the game. 2 defenders enter as soon as the attacker does. The same team always starts the attack and attacks the end with 3 goals. The other team defends the 3 goals and if they win the ball, try to score in the counter goal. The game is over when one team scores by shooting into the opponent's goal(s). If the ball goes out of bounds, all players leave the field. (Set up multiple fields if necessary) Rules: Defending team cannot enter the field until the attacking player takes his/her first touch on the soccer ball. Key Words: attack the ball, work together. Guided Questions: Which of the 3 goals is the most dangerous? What should you do if there is an opening to a goal? Answers: The goal closest to the ball is the most dangerous Try to close the opening to the goal then move closer to the ball to win it. Notes: After several rounds, switch who is attacking and who is defending.							
2nd PLAY PHASE	The Game - 4v4	Duration:	24 min.	Activity time:	10 min.	Rest time:	2 min.	Intervals	2
Finish the session with a scrimmage using all FIFA rules, visit http://www.mayouthsoccer.org/coaches/play_practice_play/ for full description.									
FIVE ELEMENTS OF TRAINING ACTIVITY					TRAINING SESSION SELF REFLECTION QUESTIONS				
<ol style="list-style-type: none"> Organized: Is the activity organized in the right way? Game like: Is the activity game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the right coaching based on the age/level of the players? 					<ol style="list-style-type: none"> How did you do in achieving the goal of the training session? What did you do well? What could you do better? 				